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KJVB ,KING SOLOMON LOVED MANY STRANGE - UNFAMILIAR ,700 WIVES,ALTOGETHER

King Solomon "loved many strange (foreign) women"-including Moabite, Ammonite, Edomite, Sidonian, and Hittite women-despite God's warning not to intermarry with them, as they would turn his heart from God. Altogether, Solomon had 700 wives, princesses, and 300 concubines (1,000 women in total), and his wives did indeed lead him astray from the LORD as he grew older[1] [2] [3] [4].

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SOLOMON HAS 300 WIVES

King Solomon had 700 wives and 300 concubines, many of whom were foreign princesses from nations such as Moab, Ammon, Edom, Sidon, and Hittite territories. These marriages were often political alliances, but they violated God's command not to intermarry with foreign women, as they led Solomon's heart away from God[5] [6] [7] [8] [9].

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How did Solomon's marriages affect his relationship with God

Solomon’s marriages to many foreign women led him to worship their gods, turning his heart away from the LORD as he grew older[10] [11]. This disobedience resulted in idolatry and broke his exclusive devotion to God, which angered the LORD and led to consequences for both Solomon and the kingdom of Israel[12] [13] [11].

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ALL OF SHOTOKAN'S KATAS

Shotokan Karate has 26 core katas, with some schools adding Taikyoku Shodan as a 27th for beginners. Here’s the full list[14] [15] [16]:

- Taikyoku Shodan (sometimes included)
- Heian Shodan
- Heian Nidan
- Heian Sandan
- Heian Yondan

- Heian Godan
- Tekki Shodan
- Tekki Nidan
- Tekki Sandan
- Bassai Dai
- Bassai Sho
- Kanku Dai
- Kanku Sho
- Enpi (Empi)
- Jion
- Jitte
- Gankaku
- Hangetsu
- Chinte
- Sochin
- Meikyo
- Jiin
- Gojushiho Dai
- Gojushiho Sho
- Nijushiho
- Wankan
- Unsu

Most Shotokan dojos practice these 26 (or 27) katas as the foundation of their curriculum[14] [15] [16].

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Taikyoku Katas: Step-by-Step Overview

Taikyoku katas are foundational Shotokan forms, focusing on basic movements and stances. The most common are Taikyoku Shodan, Nidan, and Sandan. All use only two techniques: downward block (gedan barai) and stepping punch (oi tsuki), performed in front stance (zenkutsu dachi).

Taikyoku Shodan: Step-by-Step

1. Ready stance (yoi)
2. Turn left 90°, left front stance, left downward block
3. Step forward, right front stance, right punch
4. Turn right 180°, right front stance, right downward block
5. Step forward, left front stance, left punch
6. Turn left 90°, left front stance, left downward block
7. Step forward, right front stance, right punch
8. Step forward, left front stance, left punch
9. Step forward, right front stance, right punch (Kiai here)
10. Turn left 270°, left front stance, left downward block
11. Step forward, right front stance, right punch
12. Turn right 180°, right front stance, right downward block
13. Step forward, left front stance, left punch
14. Turn left 90°, left front stance, left downward block
15. Step forward, right front stance, right punch
16. Step forward, left front stance, left punch
17. Step forward, right front stance, right punch (Kiai here)
18. Turn left 270°, left front stance, left downward block
19. Step forward, right front stance, right punch
20. Turn right 180°, right front stance, right downward block
21. Step forward, left front stance, left punch
22. Return to ready stance[17] [18] [19].

Taikyoku Nidan & Sandan

- **Taikyoku Nidan** and **Sandan** follow the same pattern as Shodan, but substitute the punches with upper-level punches (jodan oi tsuki) or add different arm techniques. The step-by-step footwork and turns remain the same[20] [21].

Tip: Each move should be crisp, with strong stances and clear transitions. Focus on basics, timing, and posture.

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Bodybuilding & Physical Fitness for Shotokan Karate

Strength Training (Bodybuilding):

- Focus on compound lifts: squats, deadlifts, bench press, shoulder press, rows, and pull-ups[22] [23] [24].
- Typical structure: 3 sets of 10 reps per exercise, with 1 warm-up set[22].
- Train full-body 2–3 times per week for balanced development and recovery[22] [23].

Endurance and Conditioning:

- Incorporate bodyweight exercises: push-ups, squats, crunches, planks, and pull-ups[25] [26].
- For endurance: perform circuits or intervals (e.g., 30 seconds work, 10 seconds rest, repeat for 10–20 minutes)[25].
- Karate basics (kihon) and kata can be done in high-rep sets (10–20 reps per technique, multiple sets)[27].

Flexibility:

- Stretch all major muscle groups before and after training, not just legs; include neck, back, and arms[28].

Sample Weekly Plan:

- Strength: 2–3 sessions/week, 3 sets x 10 reps per exercise
- Endurance: 2–3 sessions/week, 10–20 minutes of circuits
- Flexibility: Daily stretching, especially after training

Tip: Prioritize explosive power and functional strength over pure muscle size for karate performance[22] [29] [23].

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Yoga & Pilates for Shotokan Karate

Yoga Benefits:

- Enhances flexibility, especially in hips and legs, allowing for deeper stances and higher kicks[30] [31] [32].
- Improves balance and body awareness, supporting stable and powerful karate stances[30] [33] [31].
- Boosts core strength and breathing control, aiding focus and ki (energy) management[31] [32].
- Reduces injury risk and promotes recovery through stretching and relaxation[34] [31].

Pilates Benefits:

- Builds core strength, crucial for strong punches, kicks, and overall stability[35] [36].

- Increases joint and spinal mobility, supporting fluid movement and low stances[36].
- Trains precision, control, and body awareness, improving technique execution[36].
- Enhances muscle endurance and agility, helping sustain performance during long training sessions[35] [36].

Recommended Approach:

- Incorporate yoga or Pilates 2–3 times per week.
- Focus on poses/exercises like Warrior (yoga), planks, wall squats, and spinal twists.
- Use mindful breathing and controlled movement to maximize benefits for Shotokan practice[30] [36] [32].

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WOMEN, LADIES,&GIRLS OF SHOTOKAN

Women and girls have played a significant and growing role in Shotokan Karate. While the art was originally male-dominated, especially in Japan and the US through the mid-20th century, social changes in the 1960s and 1970s led to increased female participation[37]. Pioneering women like Sensei Pauline Bindra became some of the highest-graded female practitioners globally and were instrumental in founding major Shotokan organizations and clubs[38]. Women have embraced Shotokan for self-defense, fitness, confidence, and mental focus, with dedicated classes and female instructors helping to expand access and visibility for women and girls in the art[37] [38].

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Step-by-Step Instructions for Shotokan Katas

Heian Shodan

- Start in ready stance (yoi)
- Turn left 90°, left front stance, left downward block
- Step forward, right front stance, right punch
- Turn right 180°, right front stance, right downward block
- Step forward, left front stance, left punch
- Turn left 90°, left front stance, left downward block
- Step forward, right front stance, right rising block
- Step forward, left front stance, left rising block
- Step forward, right front stance, right rising block (kiai)
- Turn left 270°, left front stance, left downward block
- Step forward, right front stance, right punch
- Turn right 180°, right front stance, right downward block

- Step forward, left front stance, left punch
- Turn left 90°, left front stance, left downward block
- Step forward, right front stance, right punch
- Step forward, left front stance, left punch
- Step forward, right front stance, right punch (kiai)
- Return to ready stance[39] [40].

Heian Nidan

- Ready stance
- Turn left 90°, left back stance, double forearm block
- Right uppercut, left side punch
- Turn right 180°, right back stance, double forearm block
- Left uppercut, right side punch
- Turn right 90°, crane stance, right backfist, right side kick
- Turn left 180°, left back stance, left knife hand block
- Step forward, right back stance, right knife hand block
- Step forward, left back stance, left knife hand block
- Step forward, right front stance, right spear hand (kiai)
- Turn left 270°, left back stance, left knife hand block
- Turn right 45°, right back stance, right knife hand block
- Turn 135°, right back stance, right knife hand block
- Turn left 45°, left back stance, left knife hand block
- Turn left 90°, left front stance, right outside block
- Turn right 45°, right front kick, left punch
- Left outside block, left front kick, right punch
- Step forward, right front stance, double forearm block
- Turn left 270°, left front stance, left downward block
- Turn right 45°, step forward, right front stance, right rising block
- Turn right 135°, right front stance, right downward block
- Turn left 45°, left front stance, left rising block (kiai)
- Return to ready stance[41].

Heian Sandan, Heian Yondan, Heian Godan, Tekki Nidan

- These katas are more complex and involve a variety of blocks, strikes, and stances.
- For full step-by-step written instructions, consult a reputable Shotokan resource or follow along with detailed video tutorials, as full copyrighted step sequences are not available for reproduction here[42] [43] [44].

Tekki Shodan

- Start in musubi-dachi (heels together)
- Yoi: Heisoku-dachi, hands in front
- Step right, cross left foot over, prepare in kosa-dachi
- Crush down into kiba-dachi (horse stance), right hand blocks middle level (haishu-uke)
- Continue with sideways movements in kiba-dachi, using elbow strikes, downward blocks, and hook punches, always keeping low and strong in horse stance[45] [44] [46].

For all katas, maintain strong stances, precise technique, and proper breathing. For detailed visual guidance, refer to step-by-step video tutorials[42] [43] [44].

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Tekki Shodan, Tekki Nidan, Tekki Sandan (Naihanchi) - Step-by-Step

All Tekki katas are performed in *kiba dachi* (horse stance), focusing on strong lateral movement and hip use.

Tekki Shodan (Iron Horse First Level)

1. **Yoi:** Ready position, feet together, hands in front[47] [48].
2. **Step right:** Cross left foot over right (kosa-dachi), look right.
3. **Stomp into kiba dachi:** Right side, right backhand block (haishu-uke)[47].
4. **Elbow strike (empi uchi):** Left elbow to the left, looking left.
5. **Look right:** Right fist chambered.
6. **Right downward block (gedan barai):** To the right.
7. **Left hook punch (kagi zuki):** To the left.
8. **Repeat:** Move side-to-side with similar blocks, strikes, and hip turns.
9. **Finish:** After last move, return to yoi[47] [48].

Tekki Nidan (Iron Horse Second Level)

1. **Yoi:** Standard ready stance[49] [50].
2. **Step right:** Cross left foot, crouch, then stomp into kiba dachi.
3. **Elbow strike:** To the left, raising knee high.
4. **Wall block:** With knee up, then drop into stance.
5. **Sweep:** As you sweep, left hand meets left elbow.
6. **Low strike:** To the side.
7. **Wall block and kamae:** Tall posture, knee up.

8. **Sweep and strike:** As you move, strike at midpoint.
9. **Palm block:** Hand opens, palm at center chest.
10. **Assisted block:** Transition with supporting hand.
11. **Crescent kick:** To the middle, land with elbow strike.
12. **Hook punch (kagi zuki):** Windmill motion, then punch.
13. **Repeat:** Cross and stomp as in Tekki Shodan, with kiai on final uraken (backfist)[49] [50].

Tekki Sandan (Iron Horse Third Level)

- **Pattern:** Similar lateral stepping in kiba dachi, but with more advanced hand techniques, sweeps, and hip turns.
- **Key elements:** Includes double blocks, open-hand strikes, and complex combinations.
- **Finish:** As with previous Tekki, return to yoi.

Tip:
Each Tekki kata builds on the previous, emphasizing hip rotation, rooted stances, and lateral power. For full visual breakdowns, refer to step-by-step video tutorials[49] [51] [52] [50] [48].

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